

ABSTRACT OF THE DISCLOSURE

A holographic recording medium has a high recording sensitivity without execution of reduction treatment. A system records information on the holographic recording medium by using a gating light within a wavelength band causing less optical damage to the holographic recording medium. The holographic recording medium comprises a single crystal of lithium niobate (LiNbO_3) or lithium tantalate (LiTaO_3) containing Mn as a dopant.